

# MRS. HATFIELD'S WEEKLY SCHEDULE

Clickable Links



**MINDFUL  
MONDAY**



**A great way to start your week! Try a new mindfulness exercise every Monday.**

**WELLNESS  
WEDNESDAY**



**Don't forget to practice self-care! Learn a new self-care tip every Wednesday.**

**THOUGHTFUL  
THURSDAY**



**Learn a new social-emotional lesson every Thursday.**

**FEEL GOOD  
FRIDAY**



**Need to remind yourself how amazing you are? Click on the link below for new inspirational and feel good thoughts every Friday!**